



Avoid injury
& reduce
environmental
impacts.

Do Not Remove

- Take five minutes to consider how to do the job safely.
- Take five seconds to think about what you're going to do.
- Take five items to reflect on when

For additional help and information, please contact your D/S/C ES&H Department or check: <http://www.fnal.gov/takefive/>.

- Ask yourself:
- Is my car prepared for winter driving? Make sure your car is tuned up and check your battery, anti-freeze, washer fluid and tire treads.
 - Am I well equipped in case my car breaks down? Make sure you have jumper cables, cell phone, flashlight, blanket, sand or kitty litter, (for traction) and on long trips, food and water.
 - Are my windows, headlights and roof clear of snow and ice? Make sure to keep an ice scraper, snow brush and small shovel in your car.
 - Am I exposing myself to carbon monoxide? Don't sit in a parked car with the engine running unless a window is open.
 - Don't let your car run while parked in a closed garage.
 - Make sure your exhaust pipe is not blocked with snow or ice before starting your car.
- Think about:
- Checking weather reports before driving.
 - Saving gas by letting your car warm no longer than one minute.
 - Allowing extra time to drive.
 - Driving slow and braking early during inclement weather.
 - Checking the ground before stepping out of the car to avoid slipping.

WINTER 2010

- Take five minutes to consider how to do the job safely.
- Take five seconds to think about what you're going to do.
- Take five items to reflect on when the job is done.

For additional help and information, please contact your D/S/C ES&H Department or check: <http://www.fnal.gov/takefive/>.

- Ask yourself:
- Is my car prepared for winter driving? Make sure your car is tuned up and check your battery, anti-freeze, washer fluid and tire treads.
 - Am I well equipped in case my car breaks down? Make sure you have jumper cables, cell phone, flashlight, blanket, sand or kitty litter (for traction), and on long trips, food and water.
 - Are my windows, headlights and roof clear of snow and ice? Make sure to keep an ice scraper, snow brush and small shovel in your car.
 - Am I exposing myself to carbon monoxide? Don't sit in a parked car with the engine running unless a window is open.
 - Don't let your car run while parked in a closed garage.
 - Make sure your exhaust pipe is not blocked with snow or ice before starting your car.
- Think about:
- Checking weather reports before driving.
 - Saving gas by letting your car warm no longer than one minute.
 - Allowing extra time to drive.
 - Driving slow and braking early during inclement weather.
 - Checking the ground before stepping out of the car to avoid slipping.

WINTER 2010